



- 2004-2007**      **Scholarship** from the Iranian Ministry of Health & Education to continue study in Masters and PhD
- 2005**              Winner of **Norman Smith prize** for presentation in ERA conference in 2005 (Emerging Research on Ageing), Brisbane
- 2005-Currently**    Member of Australian Association of Gerontology
- 2010-Currently**    Member of Canadian Association of Gerontology
- 2010-Currently**    Member of American Society on Aging
- 2010-Currently**    Member of the International Primary Palliative Care Group

## **AREAS OF INTEREST**

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Research in Gerontology and Geriatric in the field of Clinical Research, Preventive Medicine, Evidence-based Medicine, Physical Activity, Physical Health, Mental Health,

## **CURRENT POSITION**

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**Aug 2008**              Assistant Professor in Tehran University of Social Welfare and Rehabilitation Sciences. Iran

Aug 2008              Medical doctor in Rofeideh Rehabilitation Centre, Tehran, Iran

## **PREVIOUS POSITIONS**

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**April 2004-  
August 2008**              Research assistant in Social Research Centre, The University of Queensland. Key responsibilities:  
Telephone interview in CATI (Computer-assisted telephone interviewing) lab

**May 2008-  
August 2008**              Research officer in COPA project (Childcare Centre's Outdoor Play Areas and Children's Physical Activity), School of Population Health, The University of Queensland. Key responsibilities:

- Involving in study design
- Data collection (field observation and using pedometers)
- Data entry
- Data analysis
- Involving in writing papers and reports
- General project management

**2004-2008**              **PhD student** at the University of Queensland

**2003-2004**              **Masters Student** at the Queensland University of Technology

- 2006** Marking assignment **of medical students related to "Case Based Literature Review (Evidence-based)-MBBS III**
- 1995 – 2002** **General Practitioner, private practice.**
- Kazeron, Fars, Iran. Key responsibilities:
- Preventive Medicine
  - Prenatal and Postnatal Care
  - Women Health
  - Children and adult Health
  - Mental Health
- 1998-2000** **Membership of board of Medical council, Kazeroon, Fars, Iran. Key responsibilities:**
- Active member of Medical Board
  - Attending Monthly Meeting
  - Evaluation Patients complaints
- 1993- 1996** Emergency Department **General Practitioner, working in hospital, Kazeron, Fars, Iran. Key responsibilities:**
- Visit and Management of patients in Emergency Department

## **ACADEMIC PRESENTATIONS & Workshops**

### **Conference Presentations**

Sahaf, R., Bartlett, H. Marshall, A. (2005). Association between physical activity and depression among older people: A review of previous studies. *ERA 2005 (Emerging Research on Ageing)*, Brisbane. [Oral Presentation] **Winner of Norman Smith prize**

Sahaf, R., Marshall, A. Bartlett, H. (2006). Association between physical activity and depression among community-dwelling older people, *Stradbroke Postgraduate Student Conference*, Stradbroke Island Research Centre. [Oral Presentation]

Sahaf, R., Marshall, A. Bartlett, H. (2007). "Walking as a predictor of depressive symptoms among older people", *Stradbroke Postgraduate Student Conference*, Stradbroke Island Research Centre. [Oral Presentation]

Sahaf, R., Marshall, A. Bartlett, H. (2007). The impact of a community-based physical activity program on depressive symptoms among community-dwelling older people. *ERA 2005 (Emerging Research on Ageing)*, Adelaide. [Oral Presentation]

Sahaf, R., Bartlett, H. Marshall, A. Oytam, Y. (2005). Randomised Control Trials on the association between physical activity and depression among older people: Review of literature, *2nd International Conference on Healthy Aging and Longevity*, Brisbane Australia. [Poster Presentation]

Sahaf, R., Bartlett, H. Marshall, A. (2007). Perceptions of older people with depressive symptoms about physical activity, *ERA 2007 (Emerging Research on Ageing)*, Adelaide. [Poster Presentation]

Sugiyama, Masters, **Sahaf**, Okely, Moore, 2009. Characteristics of Childcare Centres Associated with Preschoolers' Sedentary Behaviour and Physical Activity, National Physical Activity Conference (Australia), part of a symposium "Sedentary behaviour across the lifespan".

Sugiyama, **Sahaf**, Masters, Okely, Moore, 2009. Attributes of Outdoor Play Areas in Childcare Centres Associated with Children's Outdoor Physical Activity and Sedentary Behaviour, National Physical Activity Conference (Australia), part of a symposium "Physical activity in early childhood".

Sahaf, R., Marshall, A., Bartlett, H., Rassafiani, M. (2009). Is depressive symptoms as a barrier to participation in Physical activity among older people?, *IAGG 2009*, Paris. [Poster Presentation]

Sahaf, R. Ansari, G. R. (2009). Advanced data base search, Endnote, Writing Thesis, Writing Scientific Proposal. University of Social Welfare and Rehabilitation Sciences.

Rassafiani, M. Sahaf, R. Soortchi, . (2010). Advanced data base search and Endnote. University of Social Welfare and Rehabilitation Sciences.

## **PUBLICATIONS**

Sahaf, R., Bartlett, H., Marshall, A. (2005). Physical activity and depression among older people: a systematic review of randomised control trials, *Emerging Researchers on Ageing Conference*, Brisbane

Sahaf, R., Marshall, A., Bartlett, H. (under review 2008). How much physical activity necessary to reduce depression among older people: A systematic review of intervention studies.

Sahaf, R. (2008). Physical activity and depressive symptoms among older people. *Generations Review* (Newsletter of the British Society of Gerontology)

Rassafiani, R., Copley, J., Kuipers, K., Sahaf, R. (2008). Are explanatory randomized controlled trials feasible in rehabilitation? *International Journal of Therapy and Rehabilitation*, Vol. 15, Iss. 11, pp 478 – 479

Rassafiani, M, Sahaf, R. (2010) Single case experimental design : an overview. *International Journal of Therapy and Rehabilitation*, 17(6). 285-289

## **WORKSHOP & CONFERENCE ATTENDED**

**1998 Psychiatry**, Shiraz University of Medical Sciences, Shiraz, Iran.

- 1998**      **Sixth Occupational Therapy Congress**, University of Social Welfare and Rehabilitation Science, Tehran, Iran.
- 1998**      **Common psychiatric problem**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 1998**      **Prophylaxis and management of psychiatric disease**, Shiraz University of Medical Sciences, Kazeroon, Iran.
- 1999**      **Prevention and Management of Psychiatric disease**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2000**      **The current antibiotics**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2000**      **Occupational Medicine**, Behshti University of Medical Sciences, Tehran, Iran.
- 2000**      **Eighth Occupational Therapy Congress**, University of Social Welfare and Rehabilitation Science, Tehran, Iran.
- 2000**      **Tuberculosis**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2000**      **New aspects in paediatric**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2000**      **Peri articular diseases**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2000**      **Occupational diseases**, Shiraz University of Medical Sciences, Shiraz, Iran.
- 2003**      **Emerging Researchers in Ageing Conference**, University of Queensland, Australasian Centre of Ageing, Brisbane, Australia.
- 2004**      **Emerging Researchers in Ageing Conference**, University of Queensland, Australasian Centre of Ageing, Brisbane, Australia.
- 2005**      **Australasian Association of Gerontology Conference**, University of Queensland, Australasian Centre of Ageing, Brisbane, Australia.
- 2005**      **Attending in two workshops related to 'writing qualitative research proposal' and 'NVIVO'**, University of Queensland, Brisbane, Australia

## **TEACHING**

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- 2008-Currently**      "Principles of Geriatric Care" for postgraduate students.
- 2008-Currently**      "Epidemiology of Common Diseases and Syndromes among Older People for postgraduate students
- 2009-Currently**      "Occupational Therapy among Older People" for PhD students

## **GRANT/FELLOWSHIPS UNDER CONSIDERATION**

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Sahaf, R. (2010). Winner of Australian Endeavour Award Fellowship.

Sahaf R. (2006). Depression and physical activity among older adults. *Branch of Australian Federation of University Women Queensland. Fellowship Fund Incorporated.* [**\*\*RECEIVED INTERVIEW**]

Marshall AL, Bartlett H, & Sahaf R. (2006). Investigating the Barriers and Facilitators to Physical Activity among Older People with Depression. *Australian Association of Gerontology Inc. R M Gibson Scientific Research Fund.*\$4552. **\*\*GRANT AWARDED**

Sahaf R., Marshall AL, & Bartlett H.(2006). Investigating the Barriers and Facilitators to Physical Activity among Older People with Depression. *Growing the Smart State PhD Funding Program.*\$8928.

Sahaf R. (2006). Application for AFUW (ACT)-*Beryl Henderson Memorial Grant.* \$1500

Sahaf, R. (2010). Postdoctoral Research Fellowship, Australian Endeavour Awards. **Fellowship awarded.**

## **OTHER ATTEMPS TO GAIN FUNDING**

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Marshall AL, Bartlett H, & Sahaf R. (2005). Investigating the Barriers and Facilitators to Physical Activity among Older People with Depression. *Growing the Smart State PhD Funding Program.*\$15000.

Bartlett H, Marshall AL, Sahaf R. (2005). Depression and physical activity among older adults. *GlaxoSmithKline Australia Support Grant.*

## **REFREES**

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